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Help with  
school appeals

# the newham mag

issue 376 // 06 October – 19 October 2017 // Every fortnight



## Heritage Week

Find out how  
you can get  
involved (p9)



London Borough of Newham

COMMUNITY  
NEIGHBOURHOODS

Look out for the next issue from **20 October 2017.**

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# News

## Shopkeepers step up in battle against acid crime

**Newham shopkeepers have delivered an impressive response to a new scheme designed to restrict the sale of acid to young people.**

The project, a joint partnership between Newham Council and Newham Police, aims to make it harder for corrosive liquids to fall into the wrong hands. It was sparked by the recent spate of high-profile crime involving acid and noxious liquids across the capital and is one of the first actions of Newham's new Gangs and Serious Youth Violence Task Force.

Codenamed Operation Grimsby, shopkeepers are being visited by the council's trading standards officers and asked to sign up to an agreement to challenge customers who look under-25, and refuse to sell to anyone under the age of 21.

So far 146 shop keepers have been visited, with an impressive 79 signing up on the spot. A further 18 are awaiting signatures from shop owners, while 48 confirmed that they no longer sell these products. No businesses have refused to join the scheme, and work is continuing to contact remaining businesses. Participating shops display posters alerting shoppers that their age and identity may be challenged.

Under current legislation there is no legal age or other restriction on the sale of acid,

something which Newham Council wants to see change. Mayor Sir Robin Wales said: "We demand that the Government urgently introduces licensing for the sale of all acid and other noxious liquids.

"I am delighted with the response of Newham's business community to this scheme, and I congratulate them on their community minded and responsible attitude towards the sale of these highly dangerous products."

East Ham MP Stephen Timms said: "This is an encouraging example of local, multi-agency working between the police, the council and local business to help stop corrosive substances falling into

the possession of young people in our borough. We call on the Government to impose tougher licensing conditions and robust codes of practice on the sale of noxious substances."

Acting Borough Police Commander Waheed Khan said: "I am pleased to support this voluntary initiative in collaboration with the local authority and our local businesses, to help tackle the use of noxious substances. It is great that so many are willing to participate. This forms part of our joint strategy to help reduce the availability of noxious substances, which may be used as part of criminality."



Canning Town shopkeepers Mohammed Shabir and Rakesh Patel sign up.

# 79 stores agree to challenge young buyers

# News

## International Quarter moves on to next stage

Work starting on the next stage of Stratford International Quarter was marked by a ground-breaking ceremony attended by Mayor Sir Robin Wales.

The third commercial building to be built on the site will house the relocated headquarters of Cancer Research and The British Council.

The two leading institutions join Transport for London and the Financial Conduct Authority (FCA) as the latest high-profile organisations to choose International Quarter London as their new base.

Sir Robin said: "This ground-breaking is another significant milestone in the development of the International Quarter. It is great to see so many organisations are looking to make Stratford the base for their businesses. It emphasises how great the borough is for those who want to do business here."



Mayor Sir Robin Wales attends the ground breaking event

## Work begins on new Stratford town centre



Work to transform Stratford Broadway has begun

A programme of works to turn Stratford Broadway into a two-way road with separate cycle lanes and wider pavements has begun.

A ground-breaking ceremony in Theatre Square marked the start of the work which is a partnership between Newham Council and Transport for London. The

event was attended by Mayor Sir Robin Wales, Deputy Mayor (statutory) Ken Clark, Dr Will Norman, the Mayor of London's walking and cycling commissioner, Graham Nash, TfL's head of borough projects and programmes and councillors.

The first works are taking place in Great Eastern Road and Broadway and will include new road crossings and signals for both pedestrians and cyclists. Some new lighting and pavements are expected to be in place by the end of October, complementing the improvements made as part of Sir Robin's £100m investment in Newham's highways.

Sir Robin said: "We've been planning these changes for a while to ensure that they are the right changes for the area. I'm pleased to see that work is getting started so that travelling on this road is safer for everyone in the near future."

For more details visit [www.newham.gov.uk/stratford](http://www.newham.gov.uk/stratford)

## Work starts on Stratford Broadway two-way system



## ...in brief

### Beat the Street game begins

Residents are now pounding the streets of the borough as part of the latest Beat the Street competition.

The walking and running competition, which sees the borough transformed into a board game of hundreds of beeping and flashing sensors recording residents' progress will run until Wednesday 8 November.

Councillor Clive Furness, mayoral adviser for adults and health, said: "Beat the Street is a fun game which gets residents out on the streets taking more exercise as they walk and run around the borough. It's both social and good for your health."

Pupils from Nelson Primary School, East Ham, got started in the game by walking around Queen Elizabeth Olympic Park.

A new series of free health walks organised by Social Walks are taking place across the borough in partnership with Beat the Street and Walking for Health.

For more information about Beat the Street visit [www.beatthestreet.me/eastlondon](http://www.beatthestreet.me/eastlondon). Alternatively visit [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)



School children from Nelson Primary join Beat the Street

### Workshops to shape health strategy

Residents concerned about health conditions can get involved in shaping the local community health strategy at a series of workshops over the next few weeks. On Thursday 12 October, 9.30am-1pm, a mental health workshop will take place at Stratford Library.

On Monday 16 October, 2-5pm, a cancer workshop will take place at the Custom House and Canning Town Community Neighbourhood Centre. On Monday 23 October, 12.30-3.30pm, a lung and breathing problems workshop will take place at Beckon Community Centre.

For more information please email [Heema.Shukla@newham.gov.uk](mailto:Heema.Shukla@newham.gov.uk) or call **020 3373 4073**.

### Stadium parking restrictions

Parking restrictions are in place around the London Stadium in Queen Elizabeth Olympic Park on West Ham United match days.

Controlled parking hours in Stratford Central, Stratford North West, Stratford South West, Stratford South East and West Ham residential parking zones are extended and apply from 8am to 9pm. Only permit holders can park in RPZs at this time.

Next event day is: Friday 20 October.

### Epilepsy coffee morning

Residents are invited to come along to a monthly epilepsy coffee morning to find out more about epilepsy support services and to receive advice on the condition.

The monthly sessions in partnership with Epilepsy Action will take place on 16 October, 13 November and 11 December, from 11am-1pm at North Woolwich Library.

To book your place, email **Shamilla**.

**Kumari@newham.gov.uk** or call **020 3373 1804 / 07854 962 478**.

### Your views wanted

Newham Council is carrying out a survey with a large sample of tenants and leaseholders to find out their opinions on housing services offered by the council and what they think of properties, landlords and neighbourhoods.

The survey will be piloted between 30 October and 3 November and will be carried out fully between 6 November and 10 December.

# Time to join in Beat the Street

# Mayor's view

## Getting a handle on household finances

Figures recently released from the Money Advice Service show that Newham has the largest levels of household debt in the country.

I have long been aware that there are significant poverty levels in the borough and this is something I am actively tackling with a range of ground-breaking initiatives. I want to give a helping hand to those in need and provide them with opportunities and the necessary tools to improve their circumstances.

Our pioneering MoneyWorks service is part of this approach and has helped hundreds of families worried about their finances by giving them access to low cost loans, and offering an alternative to payday lenders.

**“Our proactive approach demonstrates that despite cuts to funding, we are winning the battle against deprivation.”**

Deprivation has a number of root causes such as poor housing and poor educational attainment without access to training and skills which keep incomes low. Our approach to tackling deprivation also includes our successful Workplace scheme which has helped residents into more than 35,000 jobs. To drive up standards in housing, our private sector licensing scheme is reducing the number of unsafe and insecure houses, forcing out unscrupulous landlords.

This work is already having an impact and levels of deprivation in Newham are falling. As the most recent Indices of Deprivation report revealed two years ago, Newham is no longer on the list of

the top 20 authorities that have the most deprived areas, moving from the second most deprived borough in the country in 2010 to 25 in 2015.

Our proactive approach demonstrates that despite cuts to funding, we are winning the battle against deprivation. I will continue to work hard to ensure Newham residents have the same opportunities as those in wealthier parts of the capital.



The Mayor at MoneyWorks with Councillor Frances Clarke





# Remembering the past

Some say you don't know who you are, if you don't know where you've come from. I know not all of our residents have come from Newham. I, myself, moved down to London from Kilmarnock in Scotland many moons ago, and I'm still learning about the rich tapestry of this borough's past and would encourage you all to do the same.

Did you know that the 17th Century prison reformer Elizabeth Fry came from this area as well as anti-slavery campaigner Samuel Gurney, and the first Labour MP to be elected was James Keir Hardie in West Ham South. Notable names of modern times are Forces' sweetheart, singer Dame Vera Lynn, Hollywood actor Idris Elba and West Ham United captain Mark Noble.

During Heritage Week there is much going on, with more than 80 events across the borough's eight community neighbourhood areas. There really is something for everyone, and it would be a shame to not get involved.

Youngsters can get to grips with old maps, while adults can explore the borough by foot, even sampling a few gins at the old House Mill if you fancy it, or taking in the delights of the Brick Lane Music Hall.

While not all of us hail from Newham originally, today we all live here together. Events like this are the perfect opportunity to come together, to connect and unite, over a shared sense of curiosity about our borough's past, while acknowledging the commonality that we all have now.

I enjoy unveiling plaques, signs and commemorative stones dedicated to people and places that have played a part in our heritage. I hope you will take the opportunity to find out about the events and people that have shaped our borough over the years to make it the place that we all, collectively, call home.



Marking the site of Plaistow Maternity Hospital



Celebrating 120 years of the Memorial Ground, West Ham



Remembering the bravery of VC hero Harold Mugford

**THEATRE ROYAL  
STRATFORD  
EAST** *...a people's  
theatre*

GOAT



# BORDERLESS

**A VIBRANT SERIES OF GIGS  
IN AN ICONIC THEATRE**

**THE TURBANS** WED 27 SEP  
**ANUSHKA & XOA** THU 12 OCT  
**DEEP THROAT CHOIR & SOME VOICES** WED 18 OCT  
**SOLA AKINGBOLA WITH CRITICAL MASS**  
**PLUS SPECIAL GUEST** FRI 20 OCT  
**HORACE ANDY PLUS SUPPORT** SAT 21 OCT

**STRATFORDEAST.COM 020 8534 0310**

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Broadway, Forest Gate. c1908



Rathbone Market, 1975



East Ham Gun Day, 1918



Queen's Cinema damaged by a bomb in 1941



Beckton Gas Works, 1960s

# Exploring the past

After last year's successful Heritage Week, Newham Council has teamed up with organisations across the borough to arrange a whole host of events from 21 to 29 October to celebrate the borough's rich history and tapestry.

The manor of (West) Ham was first mentioned in the Domesday Book having a population of just 130. Now there are more than 300,000 people living within 36 sq km speaking more than 200 languages and dialects.

To mark the experiences of the borough's former inhabitants the council is working with many local organisations to put on more than 80 events which will explore our wartime history, sporting heroes, as well as the way that the experience of childhood and work has changed over the years.

Deputy Mayor (statutory) Ken Clark and Cabinet member for building communities said: "The borough has an impressive past, being a witness first hand to the fortune and failings of England's

royalty and the emergence of today's governance system.

"There are so many notable people who are associated with this borough including prison reformer Elizabeth Fry, anti-slavery campaigner Samuel Gurney, the first Labour MP James Keir Hardie and the England football team World Cup captain Bobby Moore.

"As well as the famous faces we have also been at the epicentre of the industrial revolution, as the Royal Docks buzzed for years with ships bringing cargo and trade from across the globe.

"Understanding the borough's past is key to uniting our current residents as we forge a new path into the future. I hope many within our community get involved in this year's Heritage Week and find out more about how Newham has become the borough it is today."

London Borough of Newham

**COMMUNITY  
NEIGHBOURHOODS**





# Walk back in time

This Heritage Week pull on your walking shoes, or even dust off your bike, and join in one of the many guided tours around the borough's historical spots.

This year Eastside Community Heritage have arranged four special three-hour routemaster bus tours around the borough on Friday 27 and Saturday 28 October. Starting from either Stratford or East Ham library the traditional bus tour will feature commentary, music from the borough, audio clips and a bespoke map with local historical facts.

Residents can also visit the local archives office to see old photographs, posters and archive documents, or take a cycle tour of the borough led by Newham Cyclists. There's even an opportunity to do some gin tasting while checking out the historical Three Mills in Stratford.

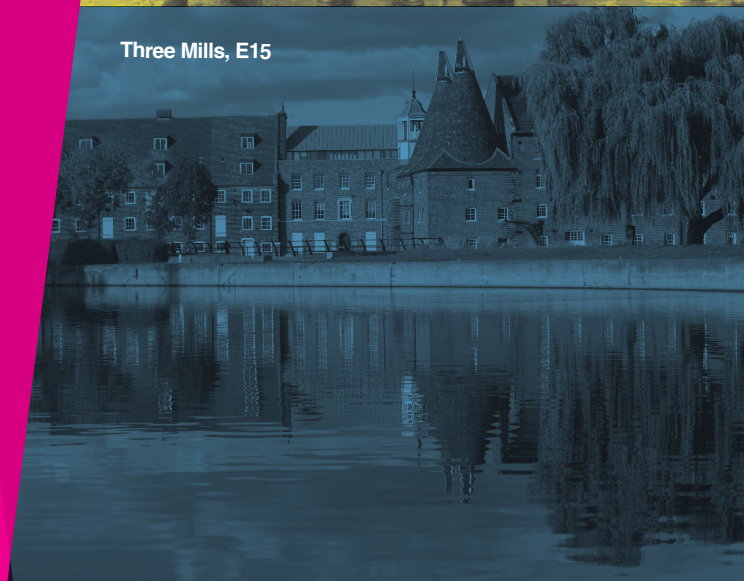
Each of the borough's eight community neighbourhood areas are putting on bespoke guided walking tours and coffee mornings highlighting the historical locations in the area and past events. Pop in to your local centre or library to grab a copy of the Heritage Week booklet which contains a full list of all the events.



For full details of events and booking information please visit [www.newham.gov.uk/heritageweek](http://www.newham.gov.uk/heritageweek) and download a copy of the full Heritage Week booklet



Crossing patrol, Barking Road, 1965



Three Mills, E15



Rathbone Street Market, 1963

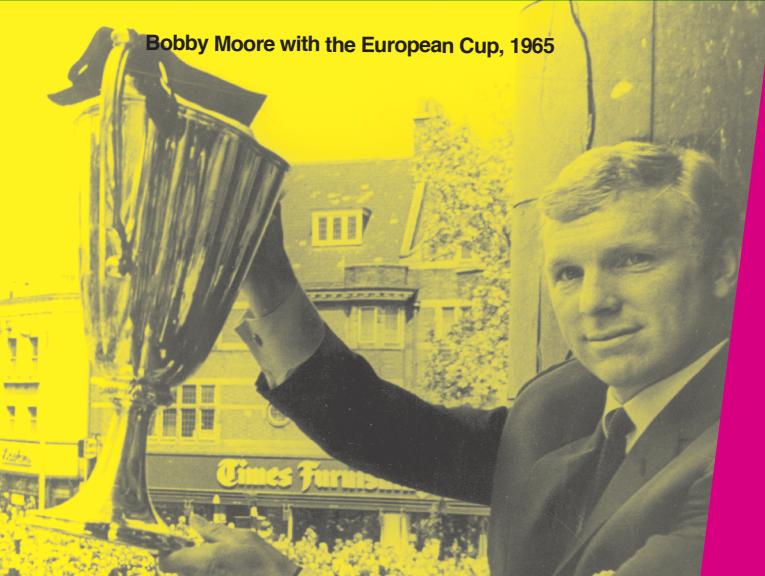




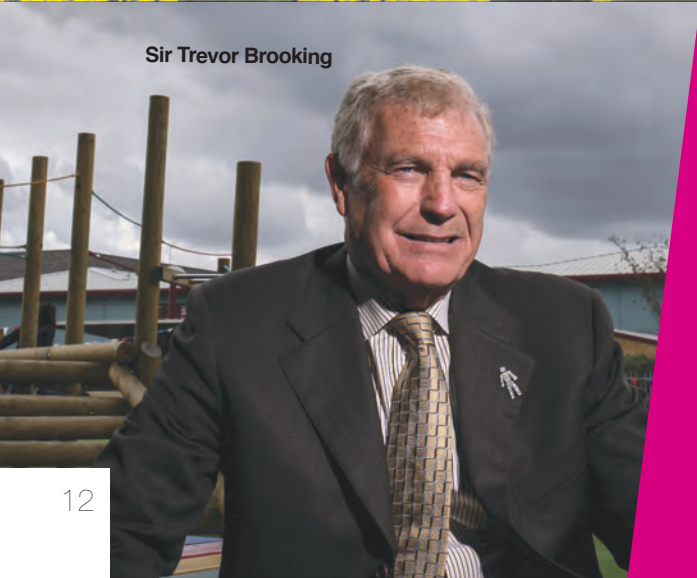
Thames Ironworks Football Club, 1896



Bobby Moore with the European Cup, 1965



Sir Trevor Brooking



## Past and present sporting heroes

Check out the borough's sporting heritage during a series of exhibitions and workshops.

Discover how one resident was the first to swim the English Channel both ways, and how the borough has been known for prize-fighting, football, and athletic triumphs in the Olympic Games. There is an event specifically design to inspire today's youngsters with tales of the past's sporting greats.

Residents can also get involved with sharing their stories of the borough's most famous football club West Ham United FC at an intergenerational workshop in East Ham Community Neighbourhood Centre.

Former player Sir Trevor Brooking recently commemorated the 50th anniversary of his debut at the club at the opening of a multi-use games area in St Edward's Catholic School, next to the former Boleyn Ground, where he acknowledged that heritage is important. He said: "It's important for those that have been here quite a while to retain that link with the club because we are in striking distance of the old ground and the claret and blue at the school will make sure that there is a lasting legacy here."



Memorial Ground Plaque, West Ham



Charlie Paynter blue plaque, East Ham

Newham Council has a programme of erecting blue and green plaques and street signs dedicated to people and places that have played a significant part in the history and heritage of the borough.

Earlier this year Deputy Mayor (statutory) Ken Clark unveiled a blue plaque in Ladysmith Avenue, East Ham, at the former home of Charlie Paynter, the manager of West Ham United from 1932 to 1950. Mayor Sir Robin Wales also unveiled a green plaque to mark the 120th anniversary of the Memorial Ground in West Ham, which was the original home of the Hammers.

Councillor Clark said: "Our programme of heritage signs and plaques encourages residents to take pride in where they live." For further information visit

[www.newham.gov.uk/heritage](http://www.newham.gov.uk/heritage)



## WHU Inspires: Stadium of Stories Pop up Exhibition

Exhibition revealing histories and memories associated with West Ham United Football Club, from its conception as Thames Ironworks FC to the move to the London Stadium.

**East Ham Community Neighbourhood Centre and Library, all week**

## Newham's Sporting Life

An exhibition covering the prize-fighting on the West Ham marshes to the successes of West Ham United and Newham's Olympians. It shows the range of sports that people have enjoyed playing either as individuals, in schools, clubs or work teams.

**North Woolwich Library, all week**

## West Ham United Inspires Intergenerational Heritage Workshop

WHU Inspires will be holding an intergenerational heritage workshop that focuses on the history of West Ham United Football Club (WHUFC). The workshop will be led by WHUFC historian and author Brian Belton and include a collaboration between senior WHUFC supporters Any Old Irons and local youngsters.

**Mon 23 Oct, 5-6pm, East Ham Community Neighbourhood Centre. Booking required.**

## Newham's Sporting History Children's Workshop

Children will learn about Newham's sporting heritage, such as Edward Harry Temme who was the first man to swim across the English Channel both ways or Booby Moore our World Cup winning footballer and many more. Children will also make a sporting programme and old poster advertising a sporting activity that took place in Newham's history. For ages 5-11.

**Tues 24 Oct, 10.30-12.30pm, Green Street Library**

**Sun 29 Oct, 2-4pm Stratford Library**



Edward Temme



Mo Farah, former Olympic Stadium, Stratford



Edward Temme and his swimming team



Olympic Stadium, Stratford





Last year's heritage event



Plashet Grove, East Ham



## Old school games

The borough's youngsters can really get involved with Heritage Week during a series of workshops and events designed just for them.

They can learn about the toys and games children of the past used to play and have a go at making their own old school game. There's also a chance to find out about how the world of work has changed and the former sweet factories that used to reside in the borough.

Many of the community neighbourhood areas are also putting on a special workshop where children can use old maps of their local area and mark out their home and school. They can compare old photographs to discover how the landscape around them has changed.

Judith Garfield from Eastside Community Heritage who is leading the Mapping the Manor workshops, said: "This is a great opportunity for children to get hands on with historical documents and photographs of their area. It's a chance to really

connect with the past by comparing it to their surroundings today. Pop into your local neighbourhood centre or library to find out more."

The under-18s have also contributed to the Heritage Week events with a photographic exhibition of the hidden landmarks of the borough by school children which will be on display at Forest Gate Community Neighbourhood Centre all week.

### Mapping the Manor Children's Workshop

Using old maps of the local area, children will mark their home, trip to school and use old pictures to see what the area was like years ago – they will also listen to interviews with residents about how the area used to be. For ages 5-11.

**Sat 21 Oct, 12.30-2.30pm Forest Gate Community Neighbourhood Centre and Library**

**Mon 23 Oct, 12-2pm, Custom House Library and 3.30-5.30pm, Custom House and Canning Town Community Neighbourhood Centre and Library**

**Thur 26 Oct, 4-6pm, Plaistow Library**



Last year's heritage event



Coronation street party in Chandos Road, Stratford, 1953



City of London Cemetery, 1856



### Arc Young People's Heritage Week

A wide range of children's heritage related activities including workshops, heritage games and painting murals celebrating Newham's heritage. For ages 8-13.

**Mon 23 to Sat 28 Oct, 11am-3pm, Terrence Brown Arc in the Park, Hermit Road Park, E16. Booking necessary.**

### Newham Working Lives Children's Workshop

A chance for the borough's youngsters to learn about how people used to work and the industries that used to be based in the borough. For ages 5-11.

**Tues 24 Oct, 2-4pm, North Woolwich Library**

**Thur 26 Oct, 12.30-2.30pm, Manor Park Library**

### Playing with the past

A fun hands-on games making workshop exploring local heroes and stories about East London's past. For ages 6-12.

**Weds 25 Oct, 2-3.30pm, Stratford Library**

### Playing With Old Toys and Games, Children's Workshop

Children will experience what toys and games were like in Newham's past and will make their own toy or game to take away. For ages 5-11.

**Weds 25 Oct, 2-4pm, East Ham Community Neighbourhood Centre and Library**

**Sat 28 Oct, 2.30-4.30pm, Beckton Globe Library**

### The Landmarks and Hidden Histories of Newham

Schoolchildren's photographic exhibition capturing the historic and hidden landmarks of Newham.

**Forest Gate Community Neighbourhood Centre, all week**



# Wartime efforts

The First and Second World Wars had a huge impact on the residents of Newham.

Throughout Heritage Week the borough's libraries are hosting a number of exhibitions charting the effect of the Great War from 1914-1918 and World War II from 1939-1945 on the borough's soldiers, their families left behind and the industries supporting the war effort.

There is a special exhibition marking the 100th anniversary of the Silvertown munitions factory explosion which killed 73 people and injured a further 400, as well as a screening of Neighbourhood 15, a film commissioned by the Borough of West Ham in 1948 which charted the history of the area, the impact of World War II and the rebuilding plans.

**Pick up your copy of the Heritage Week booklet from your local Community Neighbourhood Centre or library.**



## Newham's Great War

Fascinating insight into the part played by Newham and its brave soldiers during World War I.

**Beckton Globe Library, all week**

## Silvertown Explosion Exhibition

To mark the 100 year anniversary of the Silvertown Explosion, Eastside Community Heritage has collected oral histories from local people and from those whose family members remembered the explosion.

**Green Street Library, all week**

## Black Saturday

A revealing exhibition about what happened to Newham during the Blitz.

**Manor Park Community Neighbourhood Centre and Library, all week**

## Neighbourhood 15

A showing of the film commissioned by the Borough of West Ham followed by a talk by local historians Peter Williams and Mark Gorman about the local film makers.

**Weds 25 Oct, 6.30pm, Forest Gate Community Neighbourhood Centre. Free, but spaces limited, booking necessary.**



Croydon Road, 1940



German bombers over Custom House, 1940







## IS YOUR CHILD STARTING PRIMARY OR SECONDARY SCHOOL IN 2018?

**Secondary applications deadline: 31 October 2017** For children born 1 September 2006 – 31 August 2007

**Primary applications deadline: 15 January 2018** For children born 1 September 2013 – 31 August 2014

**Apply online, to apply on time.**

- It's safe and secure
- Automatically get entered into the prize draw to get help in buying your child's uniform

[www.newham.gov.uk/schooladmissions](http://www.newham.gov.uk/schooladmissions) • 020 8430 2000

## Are you interested in education provision and keen to support your local community?

Parents/guardians have the right to appeal against the decision of the admission authority when their child is not allocated a place at a school of their choice. We are currently recruiting people to sit on these hearing panels.

We are looking for people from a range of backgrounds. You do not need any particular qualifications or to be involved in the education sector, but you will need to be:

- articulate
- non-judgemental
- able to make rational and reasonable decisions
- community focused and keen to participate in a voluntary non-paid role (a fixed rate of £35 per day is paid to cover expenses)
- able to attend a full day of training.

All panel members are required to undertake a DBS check and may be required to attend a short informal interview.

**For more information and to apply:**

Visit [www.newham.gov.uk/appealpanelrecruitment](http://www.newham.gov.uk/appealpanelrecruitment) or call **Kash Dar** on **020 3373 1538**.

**Applications must be received by Monday 20 November** and interviews, if necessary, will be held from this date onwards. You must be available to attend the training day on **Monday 4 December**.





# YOUNG MAYOR 2017 – WI

On Tuesday 10 October, young people across Newham are going to the polls to choose their next Young Mayor. If you are aged 11 to 18 and live, work or study in Newham, you can select from the following candidates.



**BALRAJ LOTAY, 14**  
Brampton Manor Academy

Young people in Newham are important as they are creating their own journeys in life. I will help support their future.

---



**RIDWAN HASSAN, 14**  
Chobham Academy

I will support more extra curricular activities in schools, provide more visits to large businesses and positive social clubs.

---



**BRADLEY CAMPBELL, 16**  
Chobham Academy

I want young people in Newham to have an equal chance to achieve and exceed their targets.

---



**SHEILA NGANGA, 15**  
The Cumberland School

People should vote for me because I represent change, hard work, kindness and I have new ideas that will bring the change I stand for.

---



**HARVEY SAUNDERS, 14**  
Forest Gate Community School

I will show young people the power of democracy and provide more musical collaboration opportunities with other young people.

---



**NAZIA KHANAM, 16**  
Forest Gate Community School

I will ensure that Newham's diversity is celebrated, opportunities are equal for all and help will always be available.



**TOMIWA AKINTUNDE, 14**  
Kingsford Community School

I will make Newham a better place. I promise that I will do whatever is in my power, so vote for me.

---



**HASNAIN AHMED, 15**  
Langdon Academy

My manifesto is built on three pillars which underpins the future of our generation – more facilities for young people, more cultural programmes to promote British values and encouraging mentoring.

---



**ANUM AHMAD, 15**  
Little Ilford School

I want to make young people love Newham because we are at the heart of it.

---



**KEVIN NGUYEN, 16**  
London Academy of Excellence

I am the person who will stand for your creative freedom. I will communicate passionately so vote for me.

---



**MOHAMMED FAIZ PATEL, 16**  
Newham Collegiate Sixth Form Centre

As the Young Mayor I will make a change for young people in Newham. Make the right choice and vote for me.





# WHO WILL YOU CHOOSE?

**MIRIAM OKOTIE TOMAS, 16**

**Newham Collegiate Sixth Form Centre**

You should vote for me because I just don't listen to the voice of the youth, I put it into action. I stand for a better future for young people.

**JUNAYNA NISA, 17**

**Newham Sixth Form College**

My aim is to help people with their future, starting with both physical and mental health issues and introducing opportunities for the future.

**JOELINNE WAMBA, 17**

**Newham Sixth Form College**

Equality and diversity are defining values in society. I want everyone both young and old to experience and celebrate the different cultures in Newham.

**RAYA HAROUB, 15**

**Plasnet School**

We are the change that we seek, as Barack Obama once said. Every promise I make will be with heart and dedication to change our society for the better.

**ADELE SMITH, 15**

**The Royal Docks Community School**

I will help students excel throughout their school experience to prepare them for future opportunities. I would like to give the young people in Newham a voice.

**MEKHA PERIAKARUPPAN, 15**

**The Royal Docks Community School**

I am very determined to not only get across my point, but also be a voice for those who cannot be heard.

**SIOBHAN O'FARRELL, 15**

**Sarah Bonnell School**

I believe all three of my manifesto points of making Newham safe, introducing debating programmes and creating student bodies are strong, thoughtful but most of all, realistic.

**JAMES HALLIWELL, 16**

**St Bonaventure's Sixth Form**

My aim is to improve quality of life for Newham's young people and allow them to express themselves more.

**RAISSA EMBALO, 14**

**Stratford School Academy**

I believe everyone should have a voice and have freedom of speech no matter where they come from or what they believe in.

**TEYANAH PETERS, 14**

**Stratford School Academy**

I want everyone to say what they believe is right or wrong in Newham. Vote for me and I will ensure your voices will be heard.

**The winner will be declared on  
Wednesday 11 October.**

**Watch the manifestos online at  
[www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor)**



**[www.newham.gov.uk/youngmayor](http://www.newham.gov.uk/youngmayor)**



**[ymnewham](https://www.instagram.com/ymnewham)**



**[ym\\_newham](https://twitter.com/ym_newham)**



'ROUGH, READY  
& BL\*\*DY BRILLIANT'

TIME OUT



'THE MUSIC IS BRILLIANT  
AND THERE ARE MOMENTS OF CRUDE PUNK GENIUS'

SUNDAY TIMES

'THE STAGE GIVES  
OFF A MILLION VOLTS'

THE GUARDIAN

# REASONS TO BE CHEERFUL

A RAUCOUS MUSICAL FEATURING THE HITS OF  
IAN DURY AND THE BLOCKHEADS



#REASONS17

SCRIPT BY PAUL SIRETT  
MUSIC BY IAN DURY  
AND THE BLOCKHEADS  
DIRECTED BY JENNY SEALEY  
63002445

**THEATRE ROYAL  
STRATFORD  
EAST** ...a people's  
theatre

**TUES 24 OCT – SAT 4 NOV**

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ARTS COUNCIL  
ENGLAND

in partnership with

Newham London

Charity No. 255001

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London Borough of Newham  
COMMUNITY  
NEIGHBOURHOODS

## Newham Libraries Amnesty

In Celebration of National Libraries Week

Monday 9 - Saturday 14 October

Have you forgotten to return a book?  
Do you have unpaid fines?  
Have you lost your library card?  
Yes? Then take advantage of our library amnesty.

Pop into your library with proof of your name and address and  
we'll wipe the slate clean.\* Then start borrowing books, eBooks,  
DVDs, CDs and using our computers, WiFi and online resources

\* London Libraries Consortium not included

**Libraries  
Week**  
8-14 OCTOBER  
2017

Newham London



**LANGDON ACADEMY**

AN ALL THROUGH EDUCATION

## COME AND VISIT OUR PRIMARY PHASE

We would like to invite all parents and carers of children who will  
be **four** and ready to start school on 1<sup>st</sup> September 2018 to our

### RECEPTION OPEN AFTERNOON

**Thursday 12th October 1.30pm – 3pm**

Welcome and introduction by our Principal and Head of Primary  
followed by a tour of our school and EYFS Provision.

For more information contact Ms Ali on 0208 471 2411(option 2)

Apply to come to Langdon Academy Primary Phase online at [www.langdonacademy.org](http://www.langdonacademy.org)

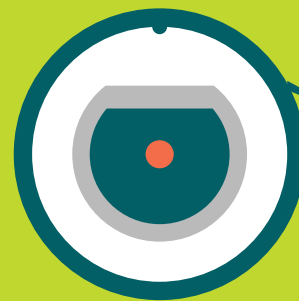
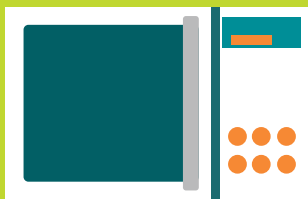
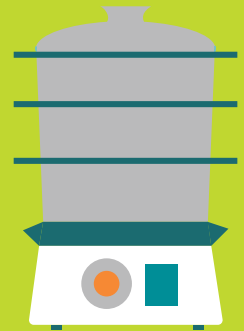
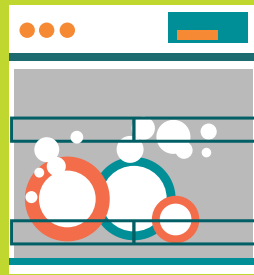
Click the primary tab and then primary admissions.

Alternatively apply <https://www.newham.gov.uk/primaryschooladmissions>



Part of  
Brampton  
Manor Trust





## New home loans are available from MoneyWorks to help with unexpected household costs

A washing machine or fridge that unexpectedly breaks down or a lost mobile phone can be a cause of financial stress for many people.

The expense of replacing the appliance can take its toll on overstretched households who may already be struggling on low incomes and the rising cost of living. Many may turn to high cost, pay weekly stores to purchase a quick replacement and end up paying significantly more in interest - sometimes amounting to almost the cost of the appliance itself.

This is why Newham Council's MoneyWorks has introduced the new Home Loan. Customers taking out this loan can use it to buy the appliance of their choice and then repay it in affordable

weekly instalments, making it easy and more manageable to spread a large cost.

The loan can be used towards a variety of different appliances, technology and furniture and the customer can purchase whatever they require from the store of their choice.

The following table sets out the potential savings Newham residents can make by

using a Home Loan based on the cost of a £200 washing machine with repayments made over a year.

Please contact us to apply or find out more information about our loans, call **020 8430 2041** or email **moneyworks@newham.gov.uk** or you can visit the website **www.newhammoneyworks.co.uk**

<b>Washing machine (£200)</b> *based on repayment over 1 year	<b>MoneyWorks Home</b>	<b>Pay weekly stores</b>
<b>Weekly repayments</b>	<b>£4.43</b>	<b>£11.64</b>
<b>Total interest</b>	<b>£30.36</b>	<b>£405.28</b>
<b>Total to repay</b>	<b>£230.36</b>	<b>£605.28</b>

# Finding solidarity among mums



Sonia Mehta speaks about her experience of postnatal depression

**Sonia Mehta was used to being an independent woman. She had travelled and toured the world as an art project manager and was used to sitting alone in cafés like the one at Stratford Picturehouse while she worked freelance on her computer. However two months after having her baby daughter Surya she found herself unable to cross the road on her own to go to that same café.**

Without realising it post-natal depression had taken a hold. Sonia, from Stratford, had a fairly straight forward pregnancy and birth, apart from a mild case of gestational diabetes, but it was after Surya's birth, as Sonia struggled to breast feed, that the storm clouds started to gather.

"I had trouble breastfeeding. I was on the phone to my mum, a paediatric nurse in Leicester, I told her Surya had lost her voice, she could tell that she was dehydrated. She ended up back in hospital and I was being told to give her formula. I had wanted everything to be as natural as possible, and because I had been working freelance I didn't have the money to buy formula.

"On top of that my husband and I were living in a two bedroom flat, which was never meant to be a family home.

I felt bad bringing a baby into what was meant to be a stop gap home.

"I felt like a failure all round and that my whole world had fallen apart. I thought, 'I can't even afford to keep her, she'd be better being adopted'."

Sonia's husband George realised that his wife was isolating herself from the world and pushed her to go to the baby cinema session at Stratford Picturehouse, taking her to the door of the cinema.

Afterwards in the café a group of mums invited Sonia to join them. The group, who had met through the National Childbirth Trust, helped to provide some reassurance to the new mum and Sonia quickly became a member of the group.



"They were really welcoming," she remembers. "It was reassuring to know I was not the only one that was sleep deprived and having trouble breastfeeding. They were going through the same things, at the same time as me."

However when her daughter was six months old Sonia found herself breaking down and crying to her GP: "I kept saying to him I wanted to give up. I kept going to sleep hoping I would not wake up. I had suicidal ideas. I didn't want to live, but I never acted on it."

Ten to 20 per cent of women develop a mental illness during pregnancy or in the 12 months after a child's birth, from antenatal and post-natal depression to obsessive compulsive disorder, post-traumatic stress disorder, schizophrenia, bipolar disorder or postpartum psychosis.

Sonia was referred to a counsellor but when her daughter turned three she was still not her old self.

Then George was offered a job in New Zealand and the family moved country. However the family were not to settle abroad.

"It took me nine months and 9,000 miles to realise where home was," admits Sonia. "I was curating a book launch from New Zealand for the South Asian Women's Art collective I had been running since 2004. It went ahead and I think that was the time that the post-natal depression started to subside."

The family returned to the UK as Surya started school, and now three years later Sonia is still visibly affected by the feelings she had at the time.

"I didn't realise I had post-natal depression," she explains. "I was still cooking and trying to get to baby

groups and things, I'd make excuses for some of the things I was feeling.

"My advice to women is to get out and find a community. Being in a group like the NCT is a lifeline because there's no manual for bringing up a child. Every mum is going through the same as you're going through at one point or another – then you realise you're not on your own."

Sonia is supporting The East London Big Push, organised by NCT (National Childbirth Trust) Newham to fundraise for mental health services in the borough. The 5km walk, scooter and buggy push through Queen Elizabeth Olympic Park takes place on Sunday 15 October. Entry is £5 for adults and free for children. Register now by visiting [www.tinyurl.com/EastLondonBigPush2017](http://www.tinyurl.com/EastLondonBigPush2017)

For more information about NCT Newham and the support available, email [newham@nct.org.uk](mailto:newham@nct.org.uk) or visit their Facebook page.

### Right support

**If you're pregnant or a new mother and concerned about how you're feeling, you can talk to your midwife, health visitor or GP who can refer you to the right support.**

**nct** **1ST 1,000 DAYS**  
**NEW PARENT SUPPORT**



Sonia with her seven-year-old daughter Surya

London Borough of Newham

COMMUNITY  
NEIGHBOURHOODS

# Newham Heritage Week

**Saturday 21 - Sunday 29 October**

Discover Newham's rich history through a week-long series of exhibitions, talks, walks and activities. There is something for everyone, with activities across the borough.

For more information please visit  
[www.newham.gov.uk/heritageweek](http://www.newham.gov.uk/heritageweek)

Newham London

Newham

Festival

**6-19 Nov 2017**

Performances, spoken word, author events, debates, storytelling, visual arts and much more for all ages in different venues across Newham.

Follow us:



@NewhamWordFest



NewhamWordFest



@NewhamWordFest

[www.discover.org.uk/NewhamWordFestival17](http://www.discover.org.uk/NewhamWordFestival17)  
[wordfestival@discover.org.uk](mailto:wordfestival@discover.org.uk)

Newham London

Discover  
Children's Story Centre

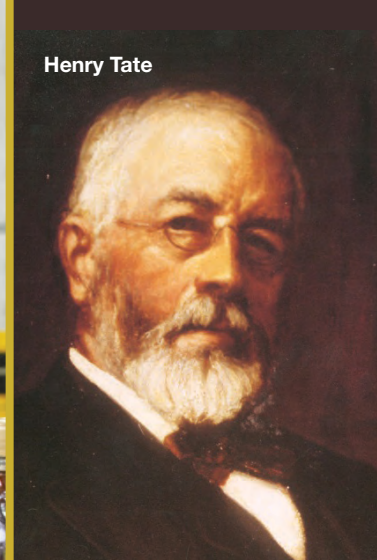
London Borough of Newham  
COMMUNITY  
NEIGHBOURHOODS



Mayor Sir Robin Wales, left, and Deputy Mayor Ken Clark, right, at the Tate & Lyle Factory



Henry Tate



Abram Lyle



# SWEET CHARITY

Schools, community groups and non-profit organisations can now sign up for some support from The Lyle's Local Fund.

The £25,000 fund has been set up by Tate & Lyle Sugars, which has two factories based in Silvertown. Grants of up to £2,500 will be available to organisations which make the borough safer, healthier and more prosperous and bring the community together.

The company, which has been producing sugar and syrup in the borough for almost 140 years, has a long history of supporting the community, including volunteering with local charities. The company is continuing to invest in the area and recently set up a new bottling production line in its factories, and held an afternoon tea party to celebrate.

Gerald Mason, Senior Vice President

of Tate & Lyle Sugars, said: "We're so excited to launch The Lyle's Local Fund to support our local community. We look forward to receiving funding applications from brilliant local organisations and projects that contribute to making Newham a safer, healthier and more prosperous place."

The fund will be administered in partnership with Newham Council.

Mayor Sir Robin Wales said: "It is great that a company like Tate & Lyle Sugars, with all its history and past, is moving forward with us and ensuring that the whole community can benefit from its roaring trade."

**Applications for funding close on Friday 3 November 2017 at 5pm.**

**For more information, or to apply for The Lyle's Local Fund, visit [www.newham.gov.uk/lyleslocalfund](http://www.newham.gov.uk/lyleslocalfund) or call the community grants team on 020 3373 6019.**



Mayor Sir Robin Wales, right, and Deputy Mayor Ken Clark, left



Public Health  
England

**NHS**

## Make sure you get your flu jab

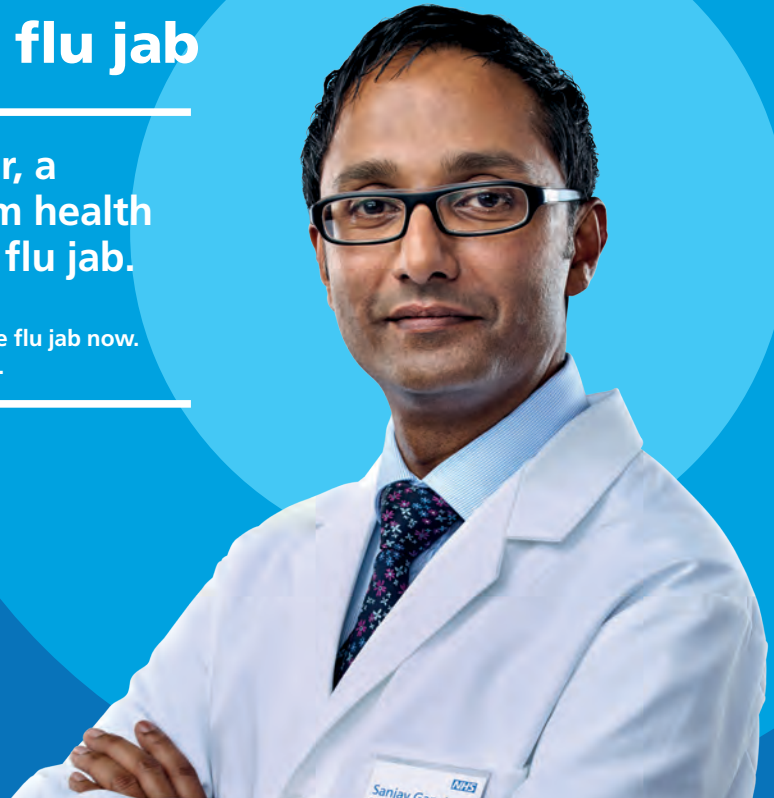
If you're 65 or over, pregnant, a carer, a child aged 2 to 8, or have a long term health condition, you are eligible for a free flu jab.

Don't put it off. Contact your GP, pharmacy or midwife to get the flu jab now. If your child is at school, please return your signed consent form.

**STAY WELL  
THIS WINTER**

Newham London

[nhs.uk/staywell](https://nhs.uk/staywell)



funded by

Newham London

**MONEY  
WORKS**  
H O M E



020 8430 2041

[www.newhammoneyworks.co.uk](http://www.newhammoneyworks.co.uk)

Mayor of  
Newham





Sandra Amoah, centre, with members of the ASK Group

# ASKing for help

## Mental health users group Newham ASK is arranging a celebration event to mark World Mental Health Day on 12 October.

The group began with the aim of influencing the way that services are delivered in the borough, taking feedback from monthly meetings with service users to liaise with Newham Council and the NHS. As well as regular feedback the group has taken part in local consultations, held events to tackle the stigma around mental health and provided users with opportunities to take part in wellbeing activities.

Now in its seventh year it is the only mental health service-user led group in the borough. In April it became an independent group supported by the council.

Sandra Amoah, acting chair of the group, said: "ASK is a safe and friendly place for people to come and share their

thoughts and experiences of mental health services. The group recognises that everyone is on their own journey and that we all need support and encouragement at some point in our lives. We are a non-judgemental, inclusive, evolving, supportive and honest group who are always looking for new members.

"We hold regular meetings, workshops, social groups and take part in lots of activities. Membership is free and open to those living in Newham aged 18 and over."

This month they are holding an event to mark World Mental Health Day, using a grant from the council's Let's Get the Party Started fund. Residents will be able to hear poems and testimonies from service users, take part in games and

win prizes, as well as listen to speakers from the NHS and council, or visit information stalls.

To get involved please contact Aidan Keightley, co-production manager, on **Aidan.Keightley@newham.gov.uk** or **020 7733 4131**.

For more information on mental health support services available in Newham, visit **[www.newham.gov.uk/mentalhealth](http://www.newham.gov.uk/mentalhealth)**

**World Mental Health Day  
celebration event**  
**Thursday 12 October, 2-5pm**  
Stratford Advice Arcade  
107-109 The Grove  
Stratford, E15 1HP



# HOW WILL YOU QUIT THIS STOPTOBER?

There's lots of support available to quit smoking, so **talk to your local pharmacist or visit [www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking)**

 Search Stoptober    /stoptober    @stoptober

Sign up for email or text support at [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)  
or download the **Smokefree** app now.







# On the panel

**Finding out whether your child has got a place at the school of their choice is one of the most stressful times for parents and carers. A small number of families do not get a place at their chosen school and an independent admission appeal panel helps to determine what should happen next.**

This year, nearly 92 per cent of families received an offer for their first choice primary school, and 73 per cent at their first choice secondary. More than 90 per cent of families receive a place at their top three primary or secondary schools.

However parents have a right to appeal against these decisions and Newham Council relies on volunteers to become independent panel members and hear families' appeals.

Mona Reynolds moved to the borough 53 years ago. She has served as a school governor and ten years ago volunteered to join the admissions panel.

She said: "Being on the panel is very rewarding. Newham gave me extensive training and there is flexibility around your

other interests - I do other voluntary work in the borough.

"There is no pressure. If I am available, I am happy to sit on the panel."

John Green has also been a panel member for more than ten years. He added: "It is really fascinating hearing the different cases and gives a real insight into parents' expectations, and how this sometimes conflicts with the legislation on how the schools' admission criteria has to be applied.

"You would think if a child lives close to a school they would be allocated a place, but there are so many other factors the panel have to take into account."

Three panel members usually hear the day-long appeals between May and July.

It is a voluntary role, but an allowance for food and travel is paid, and the dates of appeals are flexible around panel member's commitments.

Training is given to volunteers ahead of the hearings.

Newham Council is looking to sign up more volunteers. To apply, visit [www.newham.gov.uk/appealpanelrecruitment](http://www.newham.gov.uk/appealpanelrecruitment) and download an application form, email [educationappeals@newham.gov.uk](mailto:educationappeals@newham.gov.uk) or call Kashaf Dar on **0203 373 1538**. Applications close on **Monday 20 November**. See advert on **page 17** for more details.



## Community litter pick



Newham Council's Plaistow Community Neighbourhood team supported members of Ghana Seventh Day Adventist Church to carry out a community clean up day.

The groups came together to tidy up Chadwin Road and the surrounding streets. Almost a hundred members of the church joined in, picking up litter, clearing weeds from the pavement and sweeping away debris, resulting in 60 bags of rubbish being collected. Many residents showed up to thank them for their efforts.

Senior Pastor Fergus Owusu Boateng expressed his pleasure at the good turnout and praised "the positive physical impact the clean up had on the area".

Associate Pastor Sampson Osei Aboagye added: "The partnership with Plaistow Community Neighbourhood is great and we are looking forward to participating in more joint initiatives to benefit the community."

## Spoken Word Competition

As part of the Newham Word Festival from 6 to 19 November, Applecart Arts has teamed up with poet, writer and all-round artist Inua Ellams to launch a Spoken Word competition for emerging talent in Newham.

Residents can enter the competition to perform alongside Inua in his Letter to a Stranger performance on the first day of the festival at The Theatre in Harold Road, Upton Park.

To enter residents must write a poem or spoken word piece based on the theme Letter to a Stranger, film it on their mobile phone and tweet it @applecartlive using the hashtag #NewhamReads by October 27.

Entries will be judged by Inua himself and three people will be chosen to perform.

Peter Moreton, Applecart Arts' artistic director said: "We are tremendously excited to be working with Inua Ellams and taking part in the Newham Word Festival. It is a privilege to have the opportunity to engage people in exploring literacy and the richness of language in the borough. I have no doubt there are talented wordsmiths here in Newham, just waiting to be discovered."

Artist Inua Ellams







Cllr Joy Laguda, Titi Omole, former Newham Young Mayor Alex Jarrett who won the TruLittle Leadership Award 2016, Cllr Ayesha Chowdhury

## Nominate young heroes

Nominations are now open for under 16s to be recognised in the TruLittle Heroes competition arranged by Cause4Children.

The awards, which have 11 categories including, sports, entrepreneur and Samaritan, aim to empower the borough's young people to become positive contributors in their local community.

Awards' founder Titi Omole said: "As well as recognising some unsung heroes, this event is also a chance to celebrate the young people who have completed our mentoring programme Sunshine, which intends to equip the youngsters with valuable life skills through workshops, programmes and mentoring schemes.

The awards ceremony will take place on Saturday 11 November at The Discovery Centre in Jenkins Lane, Beckton.

The deadline for nominations has been extended until October 20. Visit [trulittlehero.com](http://trulittlehero.com) for more details.

## IS THIS A WASTE LAND?

Residents living near the famous Millenium Mills will soon get the chance to explore part of the site as part of a silent disco.

Charlotte Spence Projects have commissioned an interactive dance experience on the site where audience members are invited to don earphones and listen to music and instructions as part of the performance.

Is this a Waste Land? takes place on the site known as Silvertown Quays, opposite Pontoon Dock DLR station, which is soon to be developed into housing, brand showcase sites and a school.

Producer Keren Kossow said: "People will have really particular feelings about the site and the Silvertown development. This will be a chance to get on site before the work really begins and explore the connection to the site through music and dance."

Residents living in E16 can claim discounted tickets of just £5 to the event, which takes places on the weekends of Friday 13-15 October and Friday 20-22 October. Discounted tickets are limited so call **0207 257 9380** to pre-book or email [tickets@danceumbrella.org](mailto:tickets@danceumbrella.org)

Audiences will enjoy an interactive experience

Photo: Pari Naderi



## Eid celebration



Councillors joined Eid celebration

Newham councillors and West Ham MP Lyn Brown, joined members of the Masjid-e-Tauheed mosque in Manor Park for an afternoon of celebration to mark Eid-ul-Adha.

Deputy Mayor (statutory) Ken Clark and cabinet member for crime and safety Forhad Hussain joined the celebration which saw members from various faith groups, as well as the police, invited to hear speeches about unity and understanding of each others' roles in society.

The talks were followed by a celebratory feast.

Councillor Clark said: "Eid-ul-Adha is an important event in the Islamic calendar and I was honoured to be invited to mark this occasion with members of the Muslim community, councillors and Lyn Brown MP."

Eid-ul-Adha marks the end of the annual Islamic pilgrimage to Hajj in Saudia Arabia.



# Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING  
4TH FLOOR, NEWHAM DOCKSIDE  
1000 DOCKSIDE ROAD, LONDON E16 2QU**  
or [newhammag@newham.gov.uk](mailto:newhammag@newham.gov.uk)

Don't forget to add your full name, age, address and contact  
number with your entry. We cannot return any entries.

## GALLERY



**Winner**

*Aavni Pavan Rao, 8*



*Maisha Rahman, 6*



*Anna Iqbal, 5*



*Keya Shah, 7*



## Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or **newhammag@newham.gov.uk**. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit **www.picturehouses.co.uk** to see what's on.



Stratford Picturehouse, Theatre Square, E15

## Colour-me-in Word-Fit

### Poem

#### Where Broccoli Comes From

Not many people know  
that broccoli grows in the armpits  
of very big green men  
who live in the forest  
and brave broccoli cutters  
go deep into the forests  
and they creep up on the  
very big green men.

They wait for the  
very big green men  
to fall asleep  
and the broccoli cutters  
get out their  
great big broccoli razors  
and they shave the  
armpits  
of the very big green men.

And that's where broccoli  
comes from.

Not many people know that.

Just thought I'd let you know.

**Michael Rosen**

### Word-Fit

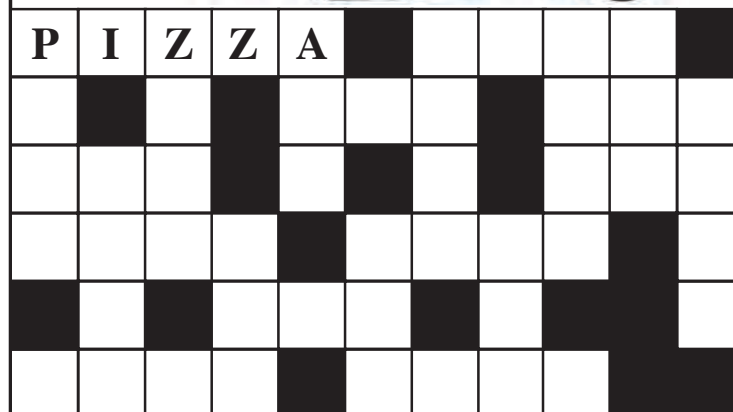
You must fit all the words into the grid

#### 3 letters

AGO  
ALL  
ARC  
BOY  
ION  
LEI  
OAR  
OFF  
OWE  
TOW

#### 4 letters

AVON  
CAFE  
GUST  
KIEV  
KILT  
LION  
NEAT  
NUMB  
PLAN  
STAY  
ZOOM





# WHAT'S ON?

Download our What's On app at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents)

## OUR THRILLING THREE

1

**Mindfulness Meditation Class** - Make new friends whilst helping to improve your mental health and wellbeing. Every Saturday, 10.30am-12pm. £3-5 optional donation. 13 Upton Avenue, E7 9PN. For further information email: [Unity@urbanmindfulnessfoundation.co.uk](mailto:Unity@urbanmindfulnessfoundation.co.uk)

2

**Daddy and me storytelling** - A special story time session held on the last Saturday of the month at Beckton Globe Library, from 11am-12pm. For more details contact 07950 673 998.

3

**Cricket sessions** - Free cricket sessions for five to 19-year-olds at Priory Park on Saturdays 11am-1pm. Equipment provided. For more information email [CN.greenstreet@newham.gov.uk](mailto:CN.greenstreet@newham.gov.uk)

## FIX YOUR RIDE

Head over to this monthly stall at Woodgrange Market in Forest Gate, run by volunteers from Newham Cyclists. Learn how to fix a puncture or adjust your brakes and gears. With funding from Newham Council the group have been able to purchase tools and are able to provide aprons and gloves. Next stall will be held on Saturday 14 October 10am-2pm.



## TRY SOMETHING NEW YOUR RIVER LEA

The Gasworks Dock Partnership at Cody Dock are hosting a six-week exhibition of photos entitled Your River Lea. It features 12 pictures taken by local people which focus on the river, its history and what it means to them. The images are winners of the first Cody Dock calendar completion. This free event runs until Saturday 28 October at Cody Dock, in South Crescent, E16. Opening times are 10am-5pm on Friday, Saturday and Mondays and 2pm-5pm every Sunday.



### Indicates free sessions

*Libraries unless stated.*

#### UNDER-FIVES

#### Storytelling

Mon, 10.30-11.15am, Custom House; **Tues, 10.30-11.30am, East Ham**, **Tues, 10.45-11.30am, Tues, 1.15-2pm, Canning Town**; **Tues, 10.30-11.30am; Tues, 11am-12pm, Fri, 11am-12pm, Stratford**; **Fri, 10.30-11.30am, Manor Park**; **Tues, 10.30-11.30am, The Gate**; **Sat, 11.30am-12pm, Green St**; **Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow**; **Tues, 10.30-11.15am, North Woolwich**

#### Stay and Play

Support for parents and carers to develop their child through play. **Sat, 11-12pm, Green St**; **Tues, 8.15-10.15am, Thurs, 8.15-11.15am, The Gate**; **Weds, 10am-12pm, Sat, 11am-1pm, Stratford**

#### Reading Together

*Thurs, 2.30-3pm, Custom House*

#### Baby Yoga

Five-week course. Register at Rebecca Cheetham Children's Centre on 020 8534 3136 **Weds, 1-2pm, Stratford**

#### Baby Rhyme Time (Up to 12mths)

For babies and parents to enjoy songs, develop communication skills through sign. **Weds, 12.30-1.30pm, Manor Park**

#### Triple P Parenting

Parenting techniques for children aged 18 months and above. **Tues, 5.30-7.30pm, East Ham**; **Weds, 12.45-2.45pm, Manor Park**

#### Sensory Storytelling


Run by St Steven's Early Start. **Fri, 1-2pm, Green St**

#### Bumps and Bundles Group

Interactive session for parents and carers of babies under 18mths. **Mon, 10am-12pm, Stratford**




**Music and Movement**   
Tues 9.30-10.15am, Plaistow


**Bumps and Babies**   
For babies under 12 months  
Fri, 2-4pm, The Gate

**Toy Library**  
Come and borrow a child's toy  
using their library card.  
Tues, 11.15am-12.15pm,  
Beckton Globe


## YOUNG PEOPLE




**Chatterbooks (7-12)**   
A new book club to inspire  
young children to read for  
pleasure. It includes fun and  
creative activities to encourage  
young children to participate  
and read in an interactive way.  
Sat, 2.30-3.30pm, Plaistow;  
Weds, 5-6pm, The Gate; Tues,  
4-5pm, North Woolwich; Mon,  
4-5pm, Custom House;  
Mon, 4-5pm, Canning Town;  
Thurs, 4-5pm, Beckton Globe;  
Mon, 3.30-4.30pm, Manor  
Park; Sat, 3-4pm, Canning Town

**Games Club (7-16yrs)**   
Sony PS3, Xbox360, Wii, board  
games and more. Tues,  
3.30-5.30pm, Custom House;  
Weds, 3.30-5pm, The Gate;  
Thurs, 4-6pm, Canning Town;  
Thurs, 3.30-5.30pm, Plaistow

**Arts and Craft Workshop**   
(6-12yrs) Sat 2-3pm, Canning  
Town; Sat, 2-3pm, Custom  
House; Sat, 1-2pm, Green St;  
Sat, 2-3pm, North Woolwich;  
Tues, 3.30-5pm, Sat, 11am-  
12.30pm, Plaistow; Tues,  
4-5.30pm, The Gate; Tues,  
4-5.30pm, The Gate

**East Ham IT Youth Zone**   
Support in using IT for  
homework and fun. Mon,  
4.15-6.15pm, East Ham

**Family Movie Club**   
Sat, 3-5.30pm, Green St (up to  
12yrs); Sat, 2-4pm, Plaistow;  
Sat, 5.30-7.30pm, East Ham;  
Thurs, 4-7pm, North Woolwich;  
Fri, 4-6pm, The Gate; Sat,  
2-4pm, Beckton Globe

**Young People's Positive  
Activities (9-19yrs)**   
Weds, Fri,

7-9pm, Harold Rd Centre

**Lego Club**  
Create Lego models based on  
weekly themes. Sat, 3-4pm,  
The Gate; Sat, 2-3pm, Green St

**The Chill Spot (11-19yrs)**  
Activities include table  
tennis, discussions, creative  
workshops. Mon, Weds,  
3.30-6.30pm, Stratford

**Code Club (7-11)**  
Scratch, Python, cartoons,  
websites and more. Booking  
required. Sat, 10-11am for  
beginners or 11am-12pm for  
improvers, Custom House, Tues,  
4-5pm, Green St; Sat, 1.30-  
2.30pm, Beckton Globe

**Performing Arts Activities**  
A range of dancing and  
singing, family arts activities.  
Fri, 5-7.30pm, East Ham


**Youth Works**  
Taekwondo, Sony PS4,  
careers, chill zone, healthy living  
and other activities for ages  
11 to 19. Weds, 5.30-8.30pm,  
Thurs, 5.30-8.30pm, Katherine  
Rd C.C.

**Homework Club**  
All young people can get study  
support from volunteers. Age:  
Varies site to site Fri, 4-5pm,  
Beckton Globe; Mon, 3.30-  
5pm, Sat, 10.30am-12.30pm,  
Plaistow; Fri, 4-6pm, Canning  
Town; Fri 4-5pm, East Ham;  
Sat, 2-3pm, Green Street; Mon,  
3.30-4.30pm, North Woolwich;  
Mon, 4-6pm, Stratford; Sat,  
10.30am-12.30pm, The Gate

**Science Club**  
Conduct experiments, watch  
demonstrations and record the  
results. For 5-12 years.  
Thurs, 4-5pm, The Gate

**Green Street Youth  
Works(11-19yrs)**  
Drop in for activities and chill  
zone, Weds, 5.30-8.30pm,  
Thurs, 5.30-8.30pm, Katherine  
Rd C.C.

**Junior Football Sports  
Coaching (7-12yrs)**  
Fri 4-6pm, Jack Cornwell C.C.


**Introduction to Tae Kwando  
and self defence (4-14yrs)**   
Booking essential contact  
020 3373 0857 or email  
CN.Greenstreet@newham.gov.uk  
Fri, 6.45-7.45pm,  
Green St

**Street Dance (13-19yrs)**  
Learn Street Dance and  
develop new skills and fitness  
every week, Mon 4.30-5.30pm,  
Plaistow


## ACTIVITIES AND SUPPORT




**Chess Club**   
Tues, 3.45-5.15pm, Beckton;  
Mon, 5.30-7.30pm, and Thurs,  
5.30-7.30pm, East Ham;  
Thurs, 5.30-7.30pm, Stratford;  
Tues, 1-2pm (adults), 5.30-  
7.30pm (children), The Gate;  
Thurs, 5-6pm (beginners),  
Thurs, 6-7pm (improvers),  
Custom House; Weds, 5-6pm,  
(children), Weds, 6.30-  
7.30pm (adults), 5.30-6.30pm  
(children), Canning Town;  
Weds, 5.30-7.30pm, Green St;  
Weds, 3.30-5pm, Plaistow

**Coffee Mornings**   
Mon, 11am-12.30pm, North  
Woolwich; Thurs, 10.45am-  
12pm, Canning Town; Tues,  
11am-12.30pm, Custom Hse,  
Fri, 11am-12pm, Green St;  
Third Tues of the month,  
10.30am-12pm, Plaistow

**Do It Online (18yrs+)**  
Computer classes. Weds,  
10am-12pm, Stratford; Tues,  
2-3.30pm, North Woolwich;  
Thurs, 1.15-2.15pm, Custom  
House, Weds, 10am-12pm,  
Plaistow; Mon, 1-2.30pm,  
Canning Town; 1.30-2.30pm,  
North Woolwich; Fri, 2-3.30pm,  
Beckton

**ICT Drop-in Session**   
Set up a My Newham profile  
and create an email account.  
Weds, 11am-1pm, The Gate

**Life in the UK Classes**   
12-week course to support  
prospective candidates who  
wish to take the life in the UK  
test and B1. Contact 020 8542


3904 for information. Weds,  
12.30-2.30pm, Fri, 10am-12pm,  
Plaistow; Fri, 12.30pm-2.30pm,  
Green St; Weds 10am-12pm,  
East Ham; 12-2pm, Stratford;  
10am-12pm, Beckton

**ESOL for Beginners**  
For adults seeking to improve their  
English. Tues, 9.30-11.30am, Weds,  
9.30-11.30am, Jack Cornwell C.C.

**Basic Computer Skills**   
Fri, 10.30am-12.30pm,  
Manor Park

**English Conversation Club**  
Practise spoken English. Mon,  
6-7.30pm, Weds, 10.30-  
11.30am, Manor Park; Thurs,  
3-4pm, Rabbits Rd Institute;  
Sat, 10am-12pm, Stratford;  
Mon, 10-11am, Jeyes C.C.;  
Mon, 10-11am, Plaistow; Thurs,  
10.30-11.30am, Sat, 2-3pm,  
Tues, 11.30am-12.30pm, North  
Woolwich, Green St

**Stratford London  
Toastmasters**  
Public speaking club. First  
and third Mon of month,  
6-8pm, Stratford

**Docklands Drop-In Group**   
Weds, 12.30-3pm,  
Beckton C.C.

**Poetry Group (16+)**  
Sat 11am-1pm, Mon,  
6-7.30pm, Stratford; Weds,  
6-7.30pm, East Ham; Tues,  
2-3.30pm, Jack Cornwell C.C.  
Thurs, 6-7.30pm, Green St  
mail sonesquin@hotmail.com

**International Lunch Club**  
£3 per meal. Mon, 12pm,  
Beckton C.C.

**Table Tennis Mondays**  
Mon, 8.15am-4pm, The Gate

**Board Games for Adults (18+)**  
Carrom Board, chess and other  
board games for adults. Thurs,  
5.30-7.30pm, The Gate

**Workplace Drop-Ins**  
Thurs, 19 Oct, 3-5pm, Manor  
Park; Thurs, 19 Oct, 2-5pm  
Canning Town; Tues, 17 Oct,  
2-5pm The Gate; Weds, 18 Oct,  
3-5pm, East Ham; Wed, 18  
Oct, 2-4pm, Stratford

**Creative Writing and Poetry Group (16+)** Thurs, 6.30-7.30pm, Canning Town

**Pop In Bingo (18+)**  
Come and join with your local community and get ready to shout Bingo. £1 per book. Tues, 1-2pm, North Woolwich

**Model Train Workshop**  
Join other enthusiasts. Mon, 1-3.30pm, North Woolwich

**Safer Neighbourhood Drop-In**  
Speak to your police Safer Neighbourhood Team about crime and disorder issues. Last Thurs of the month, 10-11.30am, Canning Town; Third Mon of the month, 6-7pm, Fourth Sat of the month, 11am-12pm, East Ham

**Crochet Course**  
All ages welcome. Mon, 10am-12pm, Plaistow

**Book Club and Creative Writing Group**  
Hosted by Vaseem Khan, author of *The Baby Ganesh Detective Agency Series*. Ages 15+. Tues, 6-7.30pm, Manor Park

**Adult Reading Groups**  
Come and talk about your favourite books, and discover new writers. Third Thurs, of the month, 6.30-7.30pm, East Ham

**CYANA**  
Cancer You Are Not Alone, Information stall/drop-in advice session, 4th Thurs of the month, 3-5pm, The Gate

**National Careers Service**  
Find out about different careers and what qualifications or skills you require. To book an appointment contact 07415241941. 1st and 3rd Thurs of the month, Stratford

**Memory Lane Café**  
People with dementia and their carers can come together and share experiences, exchange information and socialise. Third Weds of the month, 12-3pm, Jack Cornwell C.C.

**Together We Can**  
Fortnightly social group for adults under 50 who have had a stroke. Fri, 2-4pm, Plaistow

**Community Cooking Project**  
Join our six week cookery course, and learn to cook exciting, tasty and nutritious simple dishes. Advance booking is required. £6 for the course. Tues 10-12noon or 12.30-2.30pm, East Ham

**Safer Neighbourhood Drop-In**  
Last Thurs of the month, 10-11.30am, Canning Town; Fourth Sat of the month, 11am-12pm, East Ham

**Financial Education Workshop**  
Sat 7 Oct, 10am-4pm, Stratford

**Ovarian Cancer Walk**  
Sat 14 Oct, 11am-3pm, Queen Elizabeth Olympic Park

**ESOL Entry (16+)**  
Free ESOL language classes for adult learners seeking to improve their English language. Registration required through Newham Adult Learning Service ESOL Team 020 3373 0755. ESOL Pre-Entry, Mon and Thurs, 10-11.30am, ESOL Entry 3, Tues and Fri, 9.30am-12noon, Stratford; Tues, 10am-2.30pm, Plaistow

**Board Games for Adults**  
Come along and play board games such as Rummikub and Ticket to Ride.

**Dominoes (13+)**  
If you're new to domino games, or just need a brush-up on the basics come along and join in. Sat, 2.30-7pm, Beckton; Wed 2-4.30pm, Mon 1.30-4.15pm, Beckton C.C.; Thurs, 5.30-7.30pm, The Gate

**Newham Steelpan Classes**  
Learn to play the steelpan. Fri, 5-6.30pm, Stratford Library

**Newham Super Choir**  
All ages. Tues, 10.30am-12pm. Beckton C.C.

**Mixed Bill Open Mic**  
Do you rap sing, perform spoken word or dance? Come to be in the spotlight and showcase your talent! Monthly from Sat 14 Oct, 5.30-7.00pm, Beckton Globe

**Jazz Nights**  
Monthly from Sat 28 Oct, 5-7.30pm, Beckton Globe

**Memory of Fire**  
Exhibition by the Floating Art and Collective from Weds 13 Oct, from 5.30-8pm, Plaistow

#### BOXING AND SELF DEFENCE

**Boxing (Newham College)**  
Mon, 5-6pm, East Ham College, High St South, E6

**Fight For Peace Boxing**  
Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

**Boxing and Self Defence**  
Tues, 5-6pm (16+), 4-5pm (6-11yrs), Jack Cornwell C.C.

**West Ham Boys ABC**  
Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12pm, £2. 2 London Rd, E13. Call 020 8472 3614

**Martial Arts**  
Learn new skills, self defence. Adults, £3. Thurs, 6-7pm, Beckton Globe

**Bootcamp and Karate**   
Tues, 5-6pm, Bootcamp; Thurs, 5-7pm, Karate, both at Newham College, Stratford Campus, Welfare Rd, Stratford

**Kickboxing and Yoga**  
Sat, 10-11am, Katherine Rd C.C.

**Martial Arts**  
For children aged 7 to 12 with a professional teacher. £2. Tues, 6.45-7.45pm, Thurs, 4.45-5.45pm. Beckton

**Women's Boxing**  
Monday's 9.15-10.15am, Katherine Rd C.C.

#### HEALTH AND FITNESS

**Beckton Strolls and Stories**  
Start the week with a fun walk to the park and then back to the library for a snack and a storytelling session. Routes are buggy friendly and led by a professional walk leader. For more details call 020 3373 0853 Meet outside Beckton Globe Library, Mon, 9.30-11.30am


**Dancercise**  
Ages 14 and over, men and women. Sat, 11am-12pm. Katherine Rd C.C.


**Salsa Dancing (18yrs+)**  
Mon, 3.15-4.45pm, Beckton C.C.; Tues, 11.45am-12.45pm, Field C.C.; Sat, 6-7.30pm, Stratford; Sat, 2.30-5pm, The Gate; Mon, 4-5pm, East Ham

**Nordic Walking**  
Weds, 9.15-10.30am. Meet at Field C.C.

**Tai Chi Class**  
Fri, 10.30-11.30am, Beckton C.C. Weds, 8.15-9.15am, (book in advance, library members only), The Gate. Fri, 5-6pm, Beckton Globe

**Yoga**  
£5. Thurs, 6.30-7.30am, Grassroots; Free. Mon, 6-7.30pm, Beckton; £1. Weds, 6-7.30pm, East Ham; Sat, 10am-12pm, Plaistow; Thurs, 6.15-7.45pm, The Gate; Thurs, 6-7.30pm, Stratford; Tues, 1.30-2.30pm, £1, Mon, Tues, 6-7.30pm Green St; Weds, 12.30am-1.30pm, Katherine Rd C.C. First call £5, then £8, Mon 7.15-8.45pm, Maryland Studioz, Leytonstone High Road, E15

**Tone-Tastic (18+yrs)**   
Mon, 2-3pm, Field C.C.

**Stroke Club (18+)**   
For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Rd C.C.



## Hula Hooping

Fun sessions. No experience needed, Weds, 6-7pm, Stratford

## Pilates Classes (18+)

Mon, 9.30-10.30am, Jack Cornwell C.C.; Thurs, 6-7pm, Manor Park; Tues, 6.30-7pm, Beckton Globe

## Tai Chi in the Park (18+)

Forest Lane Park, E7. Meet at corner of Forest Lane and Magpie Close. Monday, 11am-12pm

## Plaistow Social Walk

Fun social walk to improve your fitness and make new friends. For all ages and abilities. Meet at Plaistow Library to start off on the walks. Tues and Sat, 10-11am

## Modern Amnis

Filipino martial art with sticks. Tues, 4-5pm (children), Thurs, 5-6pm (women), Sat, 11am-12pm (children), Jack Cornwell C.C.

## Walking Yoga

Open to all. Thurs, 2-3pm. Meet Stratford Library and walk to Stratford Park for yoga

## Ballroom Dancing (18s+)

Latin and Ballroom Tuesdays, beginners 12-12.45pm, intermediate 1-1.45pm, Carpenter & Dockland Centre, E15

## Zumba

Let the music free your body. Registration essential. Bring water and a towel, for all ages and abilities. Tues, 10.30-11.30am, Field C.C. (free); Mon 9.30-10.30am (£3) Fri 9.30-10.30am (£2) Over 50s free, Jack Cornwell C.C.; Fri 12.30-1.30pm Over 50s free, The Hub; Fri 6-7pm (free) Canning Town; Weds, 6.30-7.30pm (free) Manor Park; Tues 5-6pm (free) Stratford

## Oral Health Information

Come and get information on how to keep your teeth and gums healthy. Third Thurs of the month, 1-3pm, Green St

## 50+ ACTIVITIES



### Quadrille Dancing

Try this classic dance style. Mon, 1.30-2.30pm, East Ham

### Bingo

Mon, 11.30am-1.30pm, Beckton C.C.; Mon, 12-4pm, Jeyes C.C.

### ICCAN

Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C.

### Active Centre Group

Weds, 12-4pm, Field C.C.; Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

### Dominoes Group

Fri, 6-10pm, Field C.C., Weds, 1.30-4.30pm, Plaistow

### Forever Young

Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

### Happy Living Club

Indoor/outdoor activities. Tues, Weds, 1-5pm, Jeyes C.C.

### Holiday Spanish Club

Weds, 12.30-1.30pm, Manor Park

### Walking Football

Email: dgheerawo@westhamunited.co.uk or call 07803 201299. Tues, 10-11am, Priory Park, E13

### Get Active, Get Healthy, and Exercises for Fitness

Thurs, 11am-12pm, Jack Cornwell C.C.

### Get Active, Get Healthy

– Walk to the Park Mon, 10.30-11.30am, Manor Park

### Chair Based Exercise

For all fitness levels. Fri, 10.30-11.30am, East Ham, Tues, 12.30-1.30pm, Manor Park; Mon, 12.30-1.30pm, Green St,

### Fitness

Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am,

Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.

### Games and Friendship Club

Chat and make friends over games and a cuppa. Thurs, 11am-1pm, East Ham

### Carers Exercise Class

Thurs, 11am-12pm, Manor Park

### Zumba

Women only session. Tues, 1-2pm, Katherine Rd C.C.

### Singing for Health

Variety of music styles. Tues, 2-3.30pm, Jack Cornwell C.C.

### Bollywood Moves

Women only Mon, 10.30-11.30am, Thurs, 11-12pm, Katherine Rd C.C.

### Drop in Embroidery Class

No previous experience necessary, materials supplied. Mon, 11am-1pm, East Ham

### Stratford Neighbourhood Tea Dance

Dance lessons and refreshments included. Mon 16 Oct, 1.30-4.30pm, Stratford Old Town Hall

## GREEN



### Green Gym

Weds, 10am-1pm, and last Sat of month, meet at Visitor Centre in East Ham Nature Reserve, Norman Rd, E6. Call 07845 973156

### Green Volunteering

Tues and Thurs, 10am-2pm Silvertown, Wy, E16 (opp. Hallsville Rd)

### Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 11am-4pm, Abbey Gdns, Bakers Row, E15

### Gardening Thymes

Gardening Club Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

## Caravanserai Garden Volunteering

Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863384

## Greenway Orchard Volunteering

Join the Green Gym and get dug in with some gardening. Greenway at the access point on Boundary Rd, E13 Thurs, 11am-2pm

## Community Food Growing Project

Come and grow together in our new community growing space. Weds, 12-2pm, East Ham

## Foraging Walks

Cultivate an appreciation of nature. All ages. Thurs, 6-8pm, North Woolwich

## FEMALE SPORTS

### Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

### Female Boxfit (14yrs+)

Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

### Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

### Modern Amnis Martial Arts (16yrs+)

Tues, 5-6pm. Call 07473 030 250 Jack Cornwell C.C.

### Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon and Weds, 7.30-10.30pm. Tues and Thurs, 12-1.30pm. Sun, 3-5pm, 11-15yrs, Newham Leisure Centre, E13. £4.65

### Get Back into Netball

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5. Lister Community School, E13. Email: opanetballclub@hotmail.com

### Abs Blast (11-15yrs)

Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13

### Female Only Zumba

Tues, 6-7pm, Forest Gate

Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C, Vicarage Ln, E6. £1. Call 07741 292893; Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16 2DE. £2.50

**Dare2Dance (12-16yrs)**  
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

**Ability Club (14-25yrs)**  
Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13

**Swim for Families** ★  
**Dealing with Autism**  
Weds, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

**Family Swims** ★  
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13. £5. Call 0300 124 0123

**Get Fit for Free**  
Tues, 1.30-3.30pm and Fri, 10am-12pm. Gym for people with learning disabilities. Newham Leisure Centre, E13. To book induction call 0300 124 0123

### RUNNING AND ATHLETICS

**Beckton Park Run**  
Sat, 9am, Beckton Park South, E16. Call 07718 394756  
[www.parkrun.org/beckton](http://www.parkrun.org/beckton)

**East End Road Runners**  
Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261647

**Run Together**  
£2 unless stated. Sun, 10am-12pm, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham

Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10.30am-12pm, Wanstead Flats (meet at corner of Capel Rd and Centre Rd). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394874

**Running and Athletics**  
Newham & Essex Beagles Athletics Club. Visit [www.newhamandessexbeagles.co.uk](http://www.newhamandessexbeagles.co.uk) for more details

### SPORTS

**Black Arrows Badminton Club**  
Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

**Adult Tennis (16+)**  
Sat, 9-10am, 10-11am, 11am-12noon, Central Park (tennis courts), High St South, East Ham, E6 6ET. Sun, 9-10am, 10-11am, 11am-12pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: [michelle.daniel@activenewham.org.uk](mailto:michelle.daniel@activenewham.org.uk) 07741 293513

**Table Tennis (14yrs)**  
Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: [sports@newham.ac.uk](mailto:sports@newham.ac.uk)

### FOOTBALL

**AIR Football (16yrs+)**  
Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

**Mayor's Football League**  
U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm, Newham Leisure Centre, E13

**Premier League (16yrs+)**  
6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

**WHU Kicks**  
Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

### BASKETBALL

**Basketball & Multi Sports**  
Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

**Basketball Sessions**  
Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

**Senior Programme**  
Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401616

### COMMITTEE MEETINGS

Tues 10 October, 6pm, Strategic Development Committee, Old Town Hall Stratford; Mon 16 October, 7pm, Local Development Committee; Thurs 19 October, 5pm, Newham Town Hall, East Ham, Cabinet followed by Mayoral Proceedings

### CONTACT THE MAYOR

**Here to Help sessions. Please register 30 minutes before each session starts.**  
**Thurs 12 Oct, 11am, Custom House and Canning Town Community Neighbourhood Centre;**  
**Tues 17 Oct, 5pm, The Gate.**

**Telephone surgery, Weds 11 Oct. Please call 020 8430 2000 between 10am and 11am and leave your contact details.**

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOODS

**Beckton Globe** 1 Kingsford Wy, E6  
**Canning Town** Barking Rd, E16  
**Custom House** Prince Regent Ln, E16  
**East Ham** 328 Barking Rd, E6  
**Green Street** 337-341 Green St, E13  
**The Gate** 2-6 Woodgrange Rd, E7  
**Manor Park** 685-691 Romford Rd, E12  
**North Woolwich** 5 Pier Parade, E16  
**Plaistow** North St, E13  
**Stratford** 3 The Grove, E15  
**Archives and Local Studies**  
020 3373 6881  
**Community Outreach** 020 337 30813  
**Church of God** 37 Manor Park Road, E12, 020 8911 9494

### LEISURE & SPORTS VENUES

**Atherton Leisure Centre**  
189 Romford Rd, E15  
**Balaam Leisure Centre**  
14 Balaam St, E13  
**East Ham Leisure Centre**  
324 Barking Rd, E6  
**Newham Leisure Centre**  
281 Prince Regent Ln, E13  
**NewVlc** Prince Regent Ln, E13  
**UEL SportsDock** Docklands Campus, University Wy, E16

### COMMUNITY CENTRES (C.C)

**Beckton Community Centre**  
14 East Ham Manor Wy, E6, 020 7511 1214  
**East Ham Market Hall** Myrtle Rd, E6 1HY, 020 8471 0292  
**Field Community Centre**  
147 Station Rd, E7 020 8536 2800  
**Grassroots Centre** Memorial Park, Memorial Ave, E15, 020 3373 0650  
**The Hub** 123 Star Ln, E16 020 3373 0750  
**Jack Cornwell Community Centre**  
Jack Cornwell St, E12 020 8553 3459  
**Jeyes Community Centre**  
1 James Cl, E13, 020 3373 2205  
**Katherine Rd Community Centre**  
254 Katherine Rd, E7, 020 8548 9825  
**St Mark's Community Centre** 218 Tollgate Rd, E6, 020 7474 1687  
**Vicarage Ln Community Centre**  
Govier Cl, E15, 020 8519 0235  
**Harold Rd Centre** 170 Harold Road, E13 0SE, 020 8472 2805  
**Queens Market** Green St, E13  
**Rabbits Rd Institute**  
835 Romford Rd, London E12 5JY  
**Royal Docks Learning Activity Centre** Albert Rd, North Woolwich, E16 2JB  
**St John's Green Community Garden** Albert Rd, North Woolwich E16 2JB  
**St John's Church**  
Broadway, Stratford, E15 1NG  
**St Bartholomew's Church & Centre,** 292b Barking Road, E6 3BA  
**London Road,** 1 London Road, E13 0AT  
**The Community Resource Centre,** 200 Chargeable Lane, E13 8DW 020 3373 2697  
**St. Paul's Church Centre,** 227 Burges Rd, E6 2EU





**Sunday 5 November 2017**

**FREE** fireworks display

Wanstead Flats, Centre Road, Forest Gate E7

**Gates open:** 5.30pm **Display:** 6.30pm

[www.newham.gov.uk/fireworks](http://www.newham.gov.uk/fireworks)  
#NewhamLondon

In partnership with  
the City of London



Mayor of  
Newham



**SARAH BONNELL**  
SCHOOL

# Open Evening 4:30 to 7:00pm

## Wednesday 11 October 2017

Headteacher and Head Girl talk at 5:15pm and 6pm

# Open Morning 9am to 10am

## Friday 13 October 2017

Headteacher and Head Girl talk at 9am



**Find out what makes our successful girls' school  
a happy and inspiring place to learn and achieve**

**Excellent GCSE results in 2017, above the national average with  
74% of our girls achieving Grade 4 and above in English and Maths**

*"Students here feel highly valued, feel their voice is heard and  
are encouraged to do their very best" Ofsted 2013*

Find out more here: [www.sarahbonnell.com](http://www.sarahbonnell.com)

 **@SBonnellSchool**

**Deanery Road, London E15 4LP Telephone: 020 8534 6791**



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